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KHEL BOOK

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HEALTH & SAFETY IN SHAKHA (A PROTOCOL)

Major part of shakha activities consist of Shareerik and Khel which naturally has some relation with health and safety of Swayamsevaks. Bearing in mind different types of locations (venues) of shakha, the following health and safety precautions need to be implemented in conducting activities.

1. Effective planning and preparation:

- Playing area should be assessed prior to any Shareerik / Khel activities - all obstacles or potential safety hazards such as fixtures/fittings and furniture should be removed or secured safely to ensure they do not cause accidents during play.
- The right type of Khel should be played in the right area (e.g. Kabaddi cannot be played in a small room). Rough games should not be played on hard, concrete surfaces.

2. Execution of activities:

- Warm up exercises should be done prior to any Shareerik / Khel activity. Appropriate exercises for the right age groups and also for the right environment (e.g. do not do exercises lying down on the ground (outdoor) in winter (or cold weather) or do very strenuous exercises for Proud Swayamsevaks.
- Encourage proper clothes / shoes for games / exercises. Do not allow anyone to play football or running games wearing leather shoes with leather soles.
- Games should not be played in mixed age groups. Four age groups should be considered:
 - under 11 (Shishu / Bal) b) 12-18 (Kishore) c) 18-50 (Tarun/Yuva) d) 50+ (Proud)
- Ensure all jewellery, watches, and sharp clothing are removed before playing any Khel.
- Ensure that no food is consumed during Shareerik / Khel activities - this includes the chewing of gum.
- All Shikshaks are encouraged to carry and use a whistle.

3. First Aid:

- At least one adult (over 18) should be present at all shakhas at all times during the shakha activities.
- Encourage that at least **one** qualified first aider (with valid certification) to be present at all shakhas.
- All shakhas should have an appropriate first aid kit in a readily accessible place. If shakha is held outdoors, then the Shikshak / first aider (or appointed Swayamsevak) should have a first aid kit in the car. If you need first aid kits or manuals, contact the Vibhag Shareerik Pramukh.
- An accident book to be kept in all shakhas and details entered when an accident/ injury occurs - this will be incorporated with a shakha report form which will have to be filled in regularly by the shakha Karyawaha.
- If any Swayamsevak is injured, immediate attention to be given by the first aider and / or Shikshak. If it is serious, then the injured should be taken to hospital immediately. The parents should be informed by the Karyawaha or senior adhikari present. Regular visits to the Swayamsevak and the family should be made to enquire on the progress of recovery from the injury.
- Those Swayamsevaks requiring frequent medication (such as an inhaler) should have this kept within ease of access.

4. Swayamsevak Records:

- A register of Swayamsevaks should be kept and updated at least once a year.
- Records of all Swayamsevaks with medical problems such as Asthma should be kept and be accessible to the Karyawaha.
- An information sheet to be signed by parents / guardians of Swayamsevaks under the age of 18 giving them an overview of our activities-this will be part of the database form to be filled in by the Swayamsevak.
- A record of attendance at all shakha times should be kept by Shikshaks / Karyawaha. Any Swayamsevaks that leave early from shakha should be noted - full accountability should remain.

Above mentioned points to be noted/implemented for all shakha related activities including day trips, overnight stays, shibhirs etc.

DEVELOPMENT OF KHEL

It should not be taken that the list of khel within this booklet is a full and final version. Although shakhas should try to play with the rules given, there is room to modify khel to suit that shakhas needs. A basic example could be that shakhas with a small sankhya may wish to play kabaddi in a smaller area than that given in this booklet (**n.b.:** this particular khel should not be played in a small room for health and safety reasons). However, it must be stressed that where possible, shakhas should follow the rules of this booklet.

Individual shakhas may also develop their own new khel to suit their needs. This should be done with certain objectives in mind. Shakhas should have:

- Sanskars (qualities)
- Anushasan (discipline)
- Utsah (inspiration)
- Vyayam (physical exercise)

The above objectives should be reflected in the khel. Also, the new khel must meet the health and safety requirements (given below), and their rules must be emailed to the khel vishay team at khel@hss-uk.org.

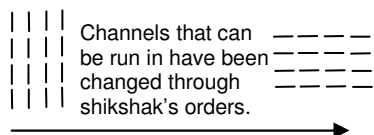
INDIVIDUAL SPEED/PURSUIT KHEL

Bhai Bhai Kitna Kitna Pani

Meaning	Brother, how much water is there?
Aim	For the catcher to catch any one of the s'sevaks before they reach a pre-defined point.
Description - All s'sevaks will stand in a line facing the same direction, with the catcher 3 metres in front of them with his back facing the s'sevaks. When kuru is given, the s'sevaks will shout out "Bhai Bhai Kitna Kitna Pani?". The catcher will reply "Itna Itna Pani", and move his hands up his body to indicate the level of the water. This question and reply will continue until the catcher indicates the water level to be above his head, at which point the catcher will turn around and chase the s'sevaks. If he catches a s'sevak before he reaches a pre-defined point then that s'sevak will become the catcher, otherwise the catcher will retain his role.	

Chor Sipayee

Meaning	'Chor' - thief, 'Sipayee' - police.
Aim	For the Sipayee to catch the Chor.
Description - All s'sevaks apart from the chor and the sipayee will stand in a grid formation, all facing the same way. The s'sevaks will also have their arms in a horizontal position, thereby forming a number of 'channels'. These channels are the only forms of travel for both the chor and sipayee. They are not allowed to go under the arms of the s'sevaks. When kuru is given, the sipayee will try to catch the chor, and at the same time the shikshak will shout out three different orders, 'Dakshina Vrut, Vama Vrut or Ardha Vrut' to the s'sevaks, so the channels keep changing.	



Channels that can be run in have been changed through shikshak's orders.

Hathi Ke Soond (RSC)

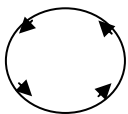
Meaning	'Hathi' - elephant - 'Soond' - the trunk of the elephant.
Aim	For the catcher to catch all of the s'sevaks using his 'trunk'.
Description - All s'sevaks including the catcher will be inside the area. The catcher will be imitating an elephant. This is done by holding his nose with one hand, thus creating a loop, and placing his other arm through the loop, hence imitating the elephant's trunk. When kuru is given the catcher will attempt to catch all s'sevaks by using his 'trunk'. Those s'sevaks caught or who step outside the area will be out of the game.	

Langadaa (RSC)

Meaning	'Langadaa' - hopping.
Aim	For the catcher to catch all s'sevaks in the area.
Description - All s'sevaks including the catcher will be inside the area. The catcher can only hop, whilst the rest of the s'sevaks can run. When kuru is given the catcher will attempt to catch the s'sevaks by using his hands to touch the s'sevaks. Those s'sevaks caught or who step outside the area will be out of the game.	

Kath Ghar (C)

Meaning	'Kath' - Bird, and 'Ghar' - house. (Bird Cage).
Aim	For the s'sevaks forming the kath ghar to trap other s'sevaks in the ghar when they pass through it.
Description - All s'sevaks will be standing on the circle, including the two s'sevaks who form a kath ghar by holding each other's hand above their heads. When kuru is given the rest of the s'sevaks will run around the circle, passing through the kath ghar one by one. When the whistle is blown, the s'sevaks forming the kath ghar will lower their arms. Any s'sevak caught inside the kath ghar will be out of the game. The game will continue with the kath ghar being free to pass through, again.	



Mein Shivaji (S)

Meaning	"I am Shivaji". The great person, Shivaji from Maharashtra, who defeated the Moguls with his tiny army and tactical warfare, and who was crowned king in 1674.
Aim	For the catcher to catch the s'sevak who is Shivaji.
Description - All s'sevaks will be inside the area, including the catcher and one s'sevak who will be nominated as Shivaji. When kuru is given the catcher will chase Shivaji. The rest of the s'sevaks will try to save Shivaji by passing between the catcher and Shivaji, and shouting out "Mein Shivaji". Immediately, the s'sevak who passed between the two will become the new Shivaji, and the catcher will try to chase that s'sevak. If Shivaji gets caught, then the game stops, and new catcher and Shivaji are named before the game resumes again. Note, at any given time there can only be one catcher and Shivaji, and also other s'sevaks can only shout out "Mein Shivaji" when they clearly pass between the catcher and Shivaji, and not before or after.	

Namaskar Ke Sparsha (RSC)

Meaning	Namaskar means welcome/greeting and sparsha means to touch.
Aim	For the catcher to catch all the s'sevaks whilst in the Namaste position.
Description - All s'sevaks including the catcher will be inside the area. The catcher will place his hands together as in Namaste position, but with the arms stretched out in front of him. When kuru is given the catcher will attempt to catch all the s'sevaks with his hands. Those s'sevaks caught or who step outside the area will be out of the game.	
Variation - A second version can be played with the catcher not having his arms stretched out, but having his hands as close to his chest as possible. This will make it more difficult for the catcher.	

Mendhak Sahatya (RSC)

Meaning	'Mendhak' - frog, 'Sahayta' - helper/assistant.
Aim	For the mendhak and his sahatyas to catch as many s'sevaks as possible.
Description - All s'sevaks will be inside the circle. There will be three catchers. Two in mendhak (frog) position and one in langadi (hopping) position. When kuru is given, the three catchers will try to catch as many s'sevaks as possible. Those s'sevaks caught, or who step outside the area will be out of the game.	

Murti (RSC)

Meaning	Murti - statue.
Aim	For the catcher to spot all s'sevaks not in murti position before they reach him.
Description - The catcher will be at one end of the area, standing stationary with his back facing the rest of the s'sevaks. The rest of the s'sevaks will be at the other end of the area facing in the same direction as the catcher and standing in a row. When kuru is given, the s'sevaks will start to march towards the catcher. Every time the catcher turns round to look at the s'sevaks, they should all stand as a murti. The catcher will repeatedly turn round to catch the s'sevaks, until he spots all s'sevaks not in murti position. The other s'sevaks will try to touch the catcher's head without getting caught.	

Oii (R)

Meaning	Ouch!
Aim	For the catcher to catch any one s'sevaks before he reaches a pre-defined point.
Description - All s'sevaks will be standing in a straight line facing the same direction, the catcher will be 5 metres in front of them facing the s'sevaks. When kuru is given the last s'sevak in the line will pinch the the s'sevak next to him. This will carry on until the last s'sevak has been pinched, he will then shout "Oii" (throughout this process, the catcher is keeping a watchful eye on who has been pinched) and all the s'sevaks will run to a defined point, the catcher will try to catch as many s'sevaks as he can.	

Vaare Sinh (C)

Meaning	'Vare' - well-done - 'Sinh' - Lion.
Aim	For the s'sevaks outside the bigger circle to step inside the smaller circle, and slap the s'sevak who is in the smaller circle on his back only.
Description - One s'sevak (Sinh) will be inside the smaller circle, sitting in a mendhak (frog) position, and the rest of the s'sevaks will be outside the bigger circle. When kuru is given s'sevaks will step inside the circle and try to slap the sinh on his back with a flat hand . When they slap him on his back, they have to shout out Vaare Sinh. The sinh will try to avoid being slapped by rotating around quickly. He will also try catching the other s'sevaks with his feet when they step inside the circle. If any s'sevak is caught, then he takes the sinh's position in the small circle.	

Vish Amrit (R,S)

Meaning	'Vish' - poison, 'Amrit' - nectar.
Aim	For the catcher(s) to catch as many s'sevaks as possible by giving them the poison.
Description - All s'sevaks including the catcher(s) will be inside the area. When kuru is given s'sevaks will avoid getting caught by squatting down when the catcher approaches them. Whilst in the squatting position, the catcher will place his hand on the head of the s'sevak and say Vish. From now on this s'sevak is poisoned have to remain stationary, until another s'sevak comes, places his hand on his head and says Amrit. The s'sevak is now free to help other s'sevaks who are poisoned being cautious of not getting caught by the catcher again. Those s'sevaks caught whilst on their feet, or who step outside the area will be out of the game. Note that when squatting, one knee must be touching the floor.	

Raugh (RSC)

Meaning	Bacteria.
Aim	To turn all the s'sevaks into bacteria.
Description - One s'sevak will be catching in the bacteria position (on his hands and feet with the body facing up). The s'sevak will try and catch the other s'sevaks using his feet and touching only below the knee. Once caught a s'sevak also becomes a bacteria. This continues until all s'sevaks are bacteria.	

Chakra (C)

Meaning	Round disc
Aim	The aim is for the s'sevaks to remain in the chakra.
Description - All s'sevaks will get together to form a circle. They will hold adjacent s'sevaks hands and stand only on their heels. When kuru is given, the chakra will rotate around as fast as possible. Those s'sevaks who touch their palms of their feet on the ground or the link between two s'sevaks breaks will be out of the game. The last s'sevak left will be the winner.	

Kramaank Badal (C)

Meaning	Change Numbers
Aim	Aim for the s'sevak in the centre of the circle to grab one of the vacant spots when two s'sevaks are changing places.
Description - One s'sevak will be in the centre of the circle, whilst the rest of the s'sevaks will be on the circle, and each will have a number. When the shikshak shouts out two numbers the s'sevaks with those numbers will quickly change places. When they changing place the s'sevak in the centre will try to grab one of the vacant positions. The s'sevak who is left without a place to go will end up in the middle of the circle, and he will wait for the shikshak to shout out another two numbers.	

Langdo mey Spardha (C)

Meaning	Hopping Competition
Aim	For the s'sevaks to get as many objects from the centre of the circle.
Description - Initially, all s'sevaks will be one leg on the perimeter of the circle. There will be a number of objects in the centre of the circle. When kuru is given, each s'sevak will hop to the centre of the circle, grab one object and will return to their place. They will leave the object there before going for another object. Note, s'sevaks have to be hopping all the time, and they can only pick one object at a time. The s'sevak with the most objects will be the winner.	

Mandal Jodi Mey Kho (C)

Meaning	Kho Kho in pairs in a circle
Aim	For the catcher to catch the free running s'sevak.
Description - S'sevaks will be standing in a circle, with one s'sevak behind his partner, and all s'sevaks facing the centre of the circle. There will be one catcher who will be outside the circle and a free running s'sevak inside the circle. When kuru is given the catcher will try to catch the s'sevak. The free running s'sevak will avoid getting caught by standing in front of a pair of s'sevak, and clapping once. As soon he claps the catcher will chase the second of the pair's s'sevak, and he will be the new free running s'sevak. The previous free running s'sevak will be paired with the lone s'sevak, who will now stand behind. The game will continue until the s'sevak gets caught or stabha is given.	

Nak Pakado (C)

Meaning	Hold the nose
Aim	For the catcher to touch anyone who is not holding their nose.
Description - All s'sevaks will be standing on the circle facing the centre with catcher in middle of the circle. The s'sevaks will be holding their nose by first placing their arm underneath one leg. When kuru is given, the catcher will touch any s'sevaks not holding their nose. The s'sevak who gets caught first will take the catcher place.	

Namaste (C)

Meaning	Greetings
Aim	For the runner to grab a vacant position on the circle.
Description - All s'sevaks will sit down in a circle facing the centre, except one s'sevak who will be running around the circle. When kuru is given, he will touch one s'sevak, and continue to run around the circle. The touched s'sevak will start to run in the opposite direction, so leaving a vacant position on the circle. When they meet they both have to say Namaste, then try to get to the vacant position. The s'sevak who doesn't get the vacant spot will continue running, and will touch some other s'sevak and try to grab his position. The game will continue until stabha is given.	

Shvas Rudhi (C)

Meaning	Controlled breathing
Aim	For the s'sevaks to hold their breath whilst doing a full circle.
Description - All s'sevaks will stand in a circle. Turn by turn each s'sevak will run the circle once, whilst saying kabaddi-kabaddi in one breath. Those s'sevaks who do not manage it will be out of the game. The shikshak will now decide for the next round whether the surviving s'sevaks should go round twice or go round a larger circle. After a number of rounds, the surviving s'sevak(s) will be the winner(s).	

Ghoda Paanee (RSC)

Meaning	Ghoda - horse, Paanee - water
Aim	For the Ghoda to go for the water.
Description - The game is played in pairs. One s'sevak will make a fist, but with the thumb sticking out upwards. This will act like a horse. The other s'sevak will hold his hands together in namaste position, and rubbing the palms of his hands continuously. This will act as water. The horse and water will be fairly close together. When kuru is given, the horse will try to go for the water, by slapping his opponent's back of the hand. If the horse gets the water then they retain their original position and roles, and the game will continue, otherwise the roles will be reversed.	

Ek Kood Baad Karo (C)

Meaning	One step at a time remove others
Aim	When it is each s'sevaks turn with one jump he will try and land near a s'sevak and make him out by touching his head.
Description - All s'sevaks will be standing on the perimeter of the circle. Turn by turn each s'sevak will take a standing jump forwards or sideways. If after the jump the s'sevak can touch the head of another s'sevak then that s'sevak will be out of the game.	

Ek Pair Spardha (R)

Meaning	Ek Pair - 1foot, Spardha - raise
Aim	For the s'sevaks to reach a set target.
Description - All s'sevaks will be on a line, with both their hands and only one foot touching the ground. When kuru is given, the s'sevaks will be move using both their hands and one foot to a set target. The first s'sevak to reach the target will be the winner.	

Lambee Kood (R)

Meaning	Lambee - long, Kood - jump
Aim	Compete to see which s'sevak can take the longest standing jump.
Description - All s'sevaks will be standing shoulder to shoulder in one line. Turn by turn each s'sevak will take a standing jump forwards. The s'sevak with the longest jump will be the winner.	

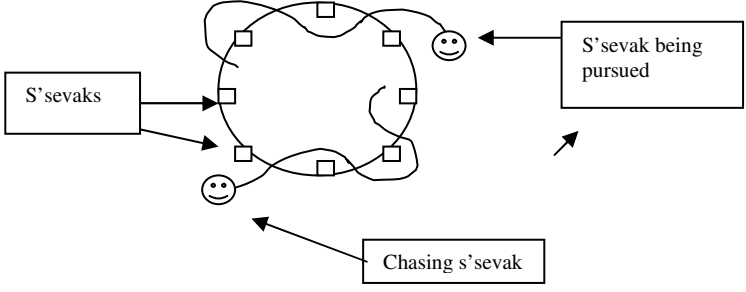
Mendhak Kood Spardha (R)

Meaning	Mendhak - frog, Kood - jump, Spardha - competition
Aim	For the s'sevaks to frog-leap to a specified mark.
Description - All s'sevaks will be in the mendhak position i.e. crouched down with their hands in front of them. When kuru is given, the s'sevaks will frog-leap to the finishing line.	

Maghar (RS)

Meaning	Crocodile
Aim	To cross the river safely.
Description - The shikshak will mark two parallel lines enough separated to make it look like a river, and will choose a s'sevak to act as a crocodile in a river. The other s'sevaks have to cross the river without getting tagged. Whoever is tagged will be out.	
Variation - Version two could be one crocodile facing each side of the river and crossing s'sevak on both sides of the river.	
N.B.: - Shikshaks must use their discretion and make sure the 'river' area is large enough so s'sevaks have a 'fair chance' to dodge the crocodiles. If the river is not long and wide enough, the khel will be too easy for the crocodile to catch the s'sevaks.	

Sarpa-Gati (C)

Meaning	Snake-run
Aim	For a s'sevak to chase another in a snake fashion.
Description	<p>There will be a mandal of s'sevaks. The shikshak will choose two s'sevaks (one will chase the other). When kuru is given by the shikshak they will both run around the mandal in a snake fashion i.e. they will make loops by running in front of one s'sevak, and then behind the next. When the s'sevak being chased is caught, they shikshak will choose two other to run. Please see following diagram:</p>  <p>To effectively play this khel, the shikshak must ensure that the size of the mandal reflects the sankhya (i.e. a small mandal for a small sankhya, and vice versa).</p>

Stithi Badal (C)

Meaning	Position change
Aim	For the s'sevak inside the mandal to try to occupy a place on the mandal.
Description	All s'sevaks will be standing in mandal with one s'sevak inside. This s'sevak will ask any question, e.g. "Who are studying a-levels?" Then all the s'sevaks who are studying a-levels will have to interchange their positions in the mandal, and in that time the inside s'sevak can grab any empty position. Whoever finds no place will come in the centre and ask another question and the same thing continues.

Khajanekee Ko Bachao (RS)

Meaning	Rescue the treasure
Aim	To get the treasure to a safe place.
Description	The aim is to get the treasure (e.g. a set of keys), to the shikshak (or another pre-determined place). All s'sevaks will be playing against one another. When a s'sevak is tagged, he must drop the treasure, and the nearest s'sevak should pick it up, and try to get it to the shikshak, by dodging the other s'sevaks.
Variation	There could be a second version of this game, where there are two teams trying to get the treasure to the pre-determined place. They may be able to pass the treasure between their teammates, but must not get tagged, or they will lose possession of it.

Brahma - Vishnu - Mahesh (C)

Meaning	Brahma - Vishnu - Mahesh are names of Hindu Gods.
Aim	The aim of the game is to run as fast as you can, and touch the object inside the mandal.
Description	All the s'sevaks will be in a big circle; starting from one s'sevak they will start saying Brahma, Vishnu, Mahesh, all the way round. The Shikshak will then sit them down. An object (e.g. football) will then be placed in the middle of the circle. The Shikshak will then shout out one of the three names. If the Shikshak shouts out 'Brahma', then all the s'sevaks with that name will get up and run around clockwise outside of the circle. Each s'sevak will have to get back to the place where they were sitting and to try and get the ball. The winner will be the first s'sevak who touches the ball with his hand.

Makhi (RSC)

Meaning	Flies
Aim	To not get caught by the spiders.
<p>Description - Three s'sevaks acting as 'spiders', spread out across a line in a defined boundary. All other s'sevaks, the 'flies', stand opposite them on one side of the boundary. When kuru is given, after a nara, the spiders remain stationary but start swinging their arms out in all directions (as if spiders). All other s'sevaks attempt to run through the line, past the spiders, to the other side of the boundary without getting touched by the flailing arms. If they get caught, they have to stand in that spot and become a spider. The aim of the game is to be the last standing fly that is not caught by the increasing number of spiders.</p> <p>Variation - A variation to this khel would be to create a web on the floor by using masking tape, or chalk. The spiders in this instance can move, but only on the lines drawn, and cannot jump across from one line to another, but follow until they get to a connection. This would probably be a much faster version, depending on how big and intricate the web is.</p>	

INDIVIDUAL STRENGTH / PHYSICAL CONTACT KHEL

Agni Kund (C)

Meaning	Sacrificial fire
Aim	For the s'sevaks to avoid stepping in the agni kund.
Description - There will be a small circle that will act as the agni kund, and gathered around in a circle will be the s'sevaks holding adjacent s'sevaks hands. When kuru is given, the s'sevaks will try to pull/push each other into the agni kund. Those s'sevaks who step in the kund will be out of the game, or the pair of s'sevaks who broke the link will be both out of the game. The game will continue until one s'sevak survives from stepping in the kund, and he will be the winner.	

Khambese Bacho (RSC)

Meaning	Khambese - pillar, Bacho - survive
Aim	To avoid getting crushed by a s'sevak.
Description - Initially, all s'sevaks will be sitting down tightly in a circle, with their legs stretched out towards the centre of the circle. One s'sevak will stand in the centre of the circle in a rigid position (as if he were a pillar) with hands on his sides. When kuru is given, the s'sevak in the centre will fall gently towards the s'sevaks whilst still in the rigid form. The other s'sevaks will use their strength and push him away so avoiding getting crushed. If any s'sevak cannot push the s'sevak away, then he will swap with him.	

Bhasmaasoor (RSC)

Meaning	One whose touch reduces that to ashes
Aim	To avoid being touched on the head by other s'sevaks.
Description - All s'sevaks will be inside the area. When kuru is given, the s'sevaks will use their right hand only and try to touch the other s'sevaks heads. They will use their left arm to defend themselves. Those s'sevaks who gets touched on their head or the s'sevaks own right hand touches his head or any s'sevaks steps outside the area will be out of the game.	

Bhaaloo Yuddha (RSC)

Meaning	Ankle fighting
Aim	To fight against other s'sevaks.
Description - All s'sevaks will be inside the area, holding their ankles. When kuru is given they will attempt to push other s'sevaks so they lose their hold on the ankles. Those s'sevaks who lose their grip or step outside the area will be out of the game.	

Chor Ghatee/Raja Ashok(R)

Meaning	'Chor' - thief
Aim	For the s'sevak in the square to catch s'sevaks and hold them inside the area.
Description - One s'sevak will be inside the square. The rest of the s'sevaks will be outside the square on one side. When kuru is given, the s'sevaks will run through the square, and the catcher will stop them going through. Any s'sevaks who he catches he will have to hold them down inside the square until the shikshak blows the whistle. Those s'sevaks caught will be out of the game.	

Tandav Nrutya (R)

Meaning	'Nrutya' - Dance Tandav - anger
Aim	To step on each other's feet.
Description - Initially, all s'sevaks will be inside the area with their hands clasped behind them. When kuru is given, each will try to step on each other's foot. Those s'sevaks whose foot gets stepped upon or goes outside the area will be out of the game.	

Patthar Girana (RS)

Meaning	Patthar - pebble, Girana - drop
Aim	To force other s'sevaks to drop their pebble.
Description - All s'sevaks will have their right arm stretched out with a pebble lying on their right palm. Their left arm will remain behind their body. When kuru is given, each s'sevak will use their sides of the body to push other s'sevaks to force the pebble to drop out of their palm. The last s'sevak left with the pebble still in their palm will be the winner.	

Delhi Hamaaree (C)

Meaning	Delhi is ours!!
Aim	Survival of the fittest. To be the closets s'sevak to capture the spot highlighted as Delhi.
Description - This game is played with one s'sevak defending a small circular area that represents Delhi. The other s'sevaks will try and occupy that area when the whistle is blown. After the second whistle is blown, the s'sevaks will stop their movement. The s'sevak with the most part of his body on the area will be the winner and the games starts again with him in the middle. Before each games starts the s'sevak occupying the area will shout 'Delhi Kiskee?' and each time the remaining s'sevaks shall reply 'Hamaaree!'	

Dharma Shaalaa (C)

Meaning	Religious refuge
Aim	Survival of the fittest. To be the last remaining s'sevak in a Mandal (circle) by pushing out all other s'sevaks.
Description - All s'sevaks will be positioned inside a Mandal. When the whistle is blown all s'sevaks must wrestle to push other s'sevaks out of the Mandal. The last remaining s'sevak wins. N.b.:- s'sevaks can only push, no punching/kicking etc is allowed.	

Ghunteko Rumaal Bandhannaa (RSC)

Meaning	Ghunteko - knee, 'Rumaal' - handkerchief, 'Bandhannaa'- tie. Tie a handkerchief to your opponents knee
Aim	Survival of the fittest. All S'sevaks will fight in the position described and the last s'sevak left will win the competition.
Description - The S'sevaks will be in pairs in which each shall have a handkerchief, and must fight to tie it onto the opponent's knee. Each s'sevak must ensure that his knees do not touch the ground during the fight, else he will be disqualified. The first to tie the handkerchief wins. Continue pairing the winners only until the last s'sevak remains.	

Kukkhut Yudhdha (C)

Meaning	Hen fighting
Aim	Survival of the fittest. All S'sevaks will fight in the position described and the last s'sevak left will win the competition.
Description - All the s'sevaks will be standing within a circle. Each s'sevak will be standing on their left leg only. The right leg should be bent in such a manner to enable the right hand to hold the ankle of the right leg and the left hand will support the elbow of the right hand. The s'sevaks must then fight using their shoulders and their bodies in an attempt to cause each other to lose their grips on their elbows and ankles, or to push each other out of the circle. The last remaining s'sevak wins.	

Mandal Se Khincho (C)

Meaning	Pull out of a circle
Aim	Survival and courage of the fittest. A single s'sevak will be responsible for pulling other s'sevaks out of a circle.
Description - All s'sevaks except one 'catcher' will be gathered within a specified mandal (circle). When the whistle is blown the catcher will attempt to pull s'sevaks out of the mandal.	

Piche Dhakelanaa (RS)

Meaning	Push backwards
Aim	Survival of the fittest. Push the opponent until they are out of the area.
Description - Each s'sevak will hold the other forearms and rest his head on the other s'sevaks shoulder. Then each s'sevak will then use their chests to push each other out of the pre-defined area.	

Prakoshtha Dabaanaa (RSC)

Meaning	Arm Wrestling
Aim	Survival of the fittest. All s'sevaks will be paired and they will wrestle in the position described below.
Description - Both s'sevaks will place their elbows on the ground clasping each other's hands, and will place their free arm behind their backs. The first to place the lower arm of the other s'sevak on the ground wins. Note, the s'sevaks must not lift their elbows or use their free hands in anyway.	

Rekhaa Par Khade Raho (RSC)

Meaning	Stay on the line
Aim	Survival of the fittest. S'sevaks will squat jump to a line, and fight to protect their right to stay on it. The line becomes shorter in each round.
Description - All s'sevaks will begin by squatting on the edge of the boundary holding their ankles from behind. When the whistle is blown they jump to the line and must struggle to remain squatting on the ground until the second whistle is blown. Those not on the line when the second whistle is blown will be out. The game continues with the line made shorter in each successive round. The last remaining s'sevak wins.	

Sher Bakari (C)

Meaning	'Sher' - tiger, 'Bakari'- goat.
Aim	For the Sher to catch the Bakari.
Description - There are two versions of this game. In the first version, all s'sevaks except one s'sevak being the sher and another s'sevak being the bakari will stand in a circle, holding the adjacent s'sevaks hand. The Sher will be outside the circle, whilst the bakari will be inside the circle. When kuru is given, the Sher will try to catch the Bakari. The s'sevaks on the circle will use their arms to stop the sher from proceeding, but allowing the bakari to move in and out of the circle. Note, the s'sevaks on the circle are not allowed to move from their spot, or use their legs to stop the sher. The game will continue until bakari gets caught, otherwise the roles will be changed if after some certain time, the bakari never gets caught.	
Variation - In the second version, all the s'sevaks will be inside the circle as bakaris, except one s'sevak the sher who will be outside the circle. When kuru is given the sher will try to force all the bakaris out of the circle. The bakaris are allowed to slap the sher flat handed on the sher's back or back of the legs only, to deter the sher. The bakaris are not allowed to hold on to the sher or each other.	

Surang (RSC)

Meaning	Tunnel
Aim	Test of courage as s'sevak walk through a human tunnel as they get slapped on their backs.
Description - Two sets of s'sevaks will be standing in parallel lines facing each other. Starting at one end, one s'sevak at a time from each team in turn will pass through the 'tunnel'. Whilst they do so, the remaining s'sevaks who will be standing on their lines, must slap with a flat hand the s'sevak passing through the 'tunnel' as hard as they can.	

Shakti Parichay (RSC)

Meaning	Introduction of strength
Aim	To use physical strength in order to stand up, and then prevent opposing s'sevak to stand up.
Description - The shikshak will pair s'sevaks off with similar sizes. Each s'sevak shall be sitting on the floor, but one will be holding onto the other from behind (i.e. a s'sevak will be sitting in between the legs of the other s'sevak who is behind him). After kuru, the s'sevak in front will try to struggle in order to stand up, and the s'sevak behind will use his strength to prevent this. The roles will then be reversed. N.b.: s'sevaks can only struggle, no kicking, punching etc is allowed. The khel should be played on soft playing surfaces (for example, on mats).	

INDIVIDUAL THINKING KHEL

Aakash Panee Jameen Agni (RSC)

Meaning	'Aakash' - sky, 'Panee' - water, 'Jameen' - ground, 'Agni' - fire
Aim	For each s'sevak to name a living being.
Description - One s'sevak will go to each s'sevak and say aakash, panee, jameen or agni. The s'sevaks have to reply by naming a living being appropriate to the surface. For example, if s'sevaks says Panee then s'sevaks must reply by saying 'crocodile' or 'shark'. Also, they should not reply if Agni is said, because no living being is alive in fire. If any s'sevaks makes a mistake they will be out of the game.	

Aisaa Karo Vaisaa Karo (RSC)

Meaning	Do it this way or that way
Aim	To only follow the shikshak's actions when he says Aisaa Karo.
Description - The Shikshak will shout Aisaa Karo or Vaisaa Karo, and do an action like raise both his hands. S'sevaks follow his actions only if he says Aisaa Karo. Those s'sevaks who does the action in vaisaa karo or don't do the action in aisaa karo will be out of the game.	

Andhene Vastu Rakhanaa (RSC)

Meaning	Andhene - blind-person, Vastu - objects, Rakhanaa - place
Aim	For each s'sevak to pace an object in a small circle whilst blindfolded.
Description - All s'sevaks will on the perimeter of a large circle. Turn by turn each s'sevak will be blindfolded, and will be asked to place an object inside a smaller circle. Those s'sevaks who fail place the object inside the smaller circle will be out of the game.	

Khayenge (RSC)

Meaning	Khayenge - I can eat!
Aim	To avoid getting caught out with items which are not edible.
Description - Shikshak will shout items to s'sevaks at a time, which are edible. The s'sevak will respond by saying Khayenge and doing eating action. If when shikshak shouts an item that is not edible and the s'sevaks says Khayenge or does eating action then he will be out of the game.	

Neer Teer (C)

Meaning	Water Bank
Aim	To follow the shikshak's instructions when he shouts out either Neer or Teer.
Description - Initially, all s'sevaks will stand outside the circle. When shikshak shouts out Neer everyone will jump forward inside the circle. When Teer is shouted out then everyone jumps backward outside the circle. You don't do the action if the same order is given successively. Those s'sevaks who makes a mistake will be out of the game.	

Netaa Pahachaano (RSC)

Meaning	Netaa - leader, Pahachaano - identify.
Aim	To identify the leader.
Description - One s'sevak will be the leader, and another s'sevak will try to identify who the leader is. He will be asked to close his eyes, so the leader can be chosen. When kuru is given, the leader will start to clap or pat his head etc, and the rest of the s'sevaks will follow his actions. The lone s'sevak will try to find out who the leader is.	

Rama-Krishna (RS)

Meaning	Names of gods - Rama & Krishna
Aim	Counting forward.
Description - Starting from one s'sevak, counting will start from one, with the following s'sevaks increasing the number by one. However, any number divisible by 3, the s'sevak says Rama instead of the number, and any number divisible by 5, the s'sevak says Krishna. If the number is divisible by 3 and 5, then he says Ram Krushna. If any s'sevak makes a mistake then he will be out of the game. The next s'sevak after him will have to correct his mistake. The last s'sevak left will be the winner.	

Sangh Khel (SC)

Meaning	Sangh Games
Aim	Each s'sevak to name a Sangh khel.
Description - Starting from one s'sevak, he will say a name of a khel, then the next s'sevak will say one and so forth. Any s'sevaks who cannot name one or repeats a khel already said will be out of the game. The game will continue until one s'sevak remains, and he will be the winner.	
Variation - Instead of names of Sangh Khel, Sangh orders can be used. This is particularly good practice for Shikshaks.	

Vyakti Pahachaano (C)

Meaning	Vyakti - person, pahachaano - identify
Aim	For one s'sevak to identify other s'sevaks.
Description - One s'sevak will be blindfolded, and he will wander around until he comes across a s'sevak. He will ask one question to that s'sevak. From the reply, he has to identify the s'sevak. The s'sevak who can identify the most s'sevaks will be the winner.	

Viparit Sankhya (RS)

Meaning	Reverse counting
Aim	To count backwards.
Description - Starting from one s'sevak, who will say the large number chosen by the shikshak, the next s'sevaks will each decrease this number by one every time. If any s'sevak makes a mistake then he will be out of the game. The next s'sevak after him will have to correct his mistake.	

Om-Rhim-Clim (C)

Meaning	
Aim	To tap the s'sevak next to you according to the shikshaks command.
Description - All s'sevaks will stand in a mandal, and starting from any s'sevak on mandal, when the shikshak says "OM", he has to tap on the person on his right, and he will in turn tap on a person on his right and this continues in a fast manner till shikshak gives other agnya. If shikshak says "Rhim" all s'sevaks have to tap the person on the left, and this will then continue as above in a fast manner. If the shikshak gives "Clim", then there should be no movement. Whoever makes a mistake will be out.	

INDIVIDUAL EQUIPMENT KHEL

Dand Samane Laanaa (R)

Meaning	Dand - stick, Samane - in front, Laanaa - bring
Aim	To bring the dand in front of them.
Description - The game is played in pairs. The s'sevaks will have their backs to each other with their hands in the air, holding the dand above their head. Both will have their hands on the dand. When kuru is given, the s'sevaks will try to pull the dand in front of them.	

Andhaa Aadamee (RSC)

Meaning	Blind man
Aim	Strike an object with a dand whilst wearing a blindfold.
Description - An object is placed some distance from s'sevaks. Turn by turn each s'sevak is blindfolded and using the dand he must try and hit the object. Failure to do so in three counts will mean the s'sevak is out.	

Dand Dhoondhanaa (RS)

Meaning	Dhoondhanaa - find
Aim	To find the dand.
Description - The dands will be laid out in parallel to each other in one row. When kuru is given, the s'sevaks who will be standing some distance away must turn and fetch a dand. After each go the number of dands will be reduced. Those s'sevaks failing to get a dand are out.	

Dand Pakado (C)

Meaning	Hold the Dand!
Aim	Objective is to catch and stop the Dand from falling onto the ground when the shikshak lets go.
Description - All s'sevaks will stand on the circumference of the circle and each is given a number. The shikshak will stand in the middle of the circle holding the dand at one end, whilst the other end is touch the ground. The shikshak will shout out a number and at the same time will let go of the dand. The s'sevak whose number is called will quickly run to catch the dand before it falls onto the ground. Those who are not successful are out of the game. The radius of the circle can be increased to make the activity, more difficult.	

Dand Ghumane Vaalon Ko Pakodo (C)

Meaning	Try and catch the person who is rotating the Dand
Aim	Test of agility and courage as the s'sevak will need to jump over a rotating dand.
Description - One s'sevak will be in the centre of a circle rotating a horizontal dand. The other s'sevaks will initially be on the edge of the circle, but then must try to catch the s'sevak in the middle without being hit by the rotating Dand.	

Dand Spardhaa (RSC)

Meaning	Gather the Dands
Aim	Gather Dands from the areas whilst wearing a blindfold.
Description - The dands will be spread throughout a relatively large area. Turn by turn each s'sevak will be blindfolded and within a specified time limit must retrieve as many dands as possible. The s'sevak finding the most dands wins.	

Dand Tol (RSC)

Meaning	
Aim	Lift as many dands as possible with one hand.
Description - The dands will be lying on the ground in a neat pile. One by one each s'sevak will try and lift as many dands as possible using one hand only. The one who lifts the most dands will win.	

Ghar Javo (RSC)

Meaning	Go home
Aim	For s'sevaks to go to a vacant home.
Description - Initially, all s'sevaks will be standing on the edge of the area, and in front of them a marker will be placed which will act as a house. There will also be a house in the centre of the area that will be initially empty. When kuru is given, each s'sevak will vacate their home and go to another home. However, they can't go to their immediate neighbour's house, i.e. the adjacent houses. Whilst the game is going on the shikshak will remove one house at a time, so there will less houses to go around for each s'sevak. Those s'sevaks without a house will be out of the game.	

Dand Uthaaon (C)

Meaning	Pick up the Dand
Aim	Pick up a dand from tangled heap of dands without disturbing the other dands.
Description - The dands shall be placed on the ground in a tangled heap. The s'sevaks then take it turns to lift a dand from the pile making sure that no other dand is disturbed. If another dand moves the S'sevak is out.	

Dand Zagadaa (RSC)

Meaning	Win the Dand
Aim	A pair of s'sevaks will compete to win the dand with their free hand whilst the other continues to hold onto the dand.
Description - The s'sevaks will be in pairs in which s'sevak will be holding one end of the same dand with one hand. The s'sevak will then use their free hands to wrestle control of the dand from the other s'sevak and thereby win.	

Dayaan - Baayaan Dand (C)

Meaning	Dayaan - right, Bayaan - left
Aim	S'sevaks will be test their agility as the order of Dayaan and Baayan is given. When the order is given the s'sevak must grab the Dand to their right or left.
Description - Initially each s'sevak will stand on the edge of a circle holding a dand vertically in front of him with one hand. When the shikshak shouts <i>Daayaan</i> or <i>Baayaan</i> all the s'sevaks will let go of the dands and try to grab hold of the next dand in the appropriate direction. Those s'sevaks who fail to grab a dand or delay releasing their own dand will be out. The circle size can be increased to make the game more difficult.	

Langadee Dand Kheencha (RSC)

Meaning	Langadee - hop, Kheencha - Pull
Aim	Pull and grab control of the Dand whilst hopping
Description - The s'sevaks will be in pairs in which each s'sevak will be holding one end of the dand with both hands whilst standing on one leg. The aim is for each s'sevak to struggle for the dand in such that the other s'sevaks leg touches the ground, or lets go of the dand.	

Raja Praja (RS)

Meaning	King and People
Aim	
Description - There will be an area marked out. One person (praja) will start by throwing a ball to the rest of the s'sevaks in the area, and try to touch them with the ball. If a s'sevak is touched on any part of his body (except for his fists) then he joins the praja (i.e. will try to get the rest of the s'sevaks out). The only way in which s'sevaks can protect themselves is by punching the ball away with their fists (both hands may be used). Once there are sufficient praja, then they can pass the ball amongst one another in order to target remaining s'sevaks. A praja in possession of the ball cannot run with it, but the other praja can run in order to gain a better attacking positions. The last s'sevak left will be the raja. N.B.: - The praja and the defending s'sevaks will be inside an area. Therefore, the praja will be throwing the ball from inside area. If a s'sevak tries to dodge the ball, but steps outside the area, then he too will also become a praja.	

Pakado

Meaning	Catch
Aim	To make the word 'BHARAT' by hitting s'sevaks with the ball
Description - This khel is played with a large ball. A number is given to each s'sevak and one s'sevak is selected to start. The game begins with that s'sevak throwing the ball in the air whilst shouting "ball pakado number..." and then runs away. The s'sevak whose number is called grabs the ball and shouts out "stabha" (he must have the ball to say that). When this is said, everyone else has to freeze. Then the s'sevak with the ball take three steps towards any other s'sevak and throws the ball at him. If he hits him the s'sevak gets a B. If he misses then the thrower gets a B. When a s'sevak gets hit five times getting a letter each time to make the word "Bharat" he is out and so on till there is one s'sevak who is left.	

TEAM SPEED / PURSUIT KHEL

Mandal Daud Ghode Par Savaari (C)

Meaning	Run around the circle and mount the horse
Aim	For one of the s'sevak in the pair to run round a circle and then climb on the back of his partner before the others.
Description - Initially, all pairs of s'sevaks will stand on the perimeter of the circle, with one of the s'sevak on the back of his partner. When kuru is given, the s'sevaks on the back of their partner will dismount, run around the circle, and when get back to their partner, they will go underneath their partner's legs before mounting. The last s'sevak to do this will swap with their partner. If the pair has already swapped then they will be out of the game. The game will continue until, only one pair is left, and they will be the winners.	

Sathi Dhoondhanaa (C)

Meaning	Find your partner
Aim	For a pair of s'sevaks to get to the circle first.
Description - Initially, the pairs of s'sevaks will stand on the perimeter of the circle. One of the pair will stand on the inner circle, whilst the other pair will stand on the outer circle. When kuru is given, the s'sevaks on the inner circle will go round the circle clockwise, whilst s'sevaks on the outer circle will go round anti-clockwise. When the pair meets again they will quickly go to the centre of the circle. The last pair to get to the centre will be out of the game. The game will continue until, only one pair is left, and they will be the winners.	

Unapekshit Langadi (RSC)

Meaning	Unexpected hopping
Aim	For one team to catch all the s'sevaks in the other team whilst hopping.
Description - One team will be inside the area, and another team will be outside the area. The s'sevaks in the team outside the area will each have a number. When a number is shouted out by the shikshak the s'sevak with that number will enter the area hopping and will try to catch as many s'sevaks as possible before returning back to his position. The shikshak will shout out another number and another s'sevak will enter the area. Any s'sevaks caught or who steps outside the area will be out of the game.	

Teen Pair Spardha (R)

Meaning	Teen - three, Pair - feet, Spardha - competition
Aim	S'sevaks in a group of three will try to reach a specified mark.
Description - S'sevaks will group themselves in pairs. The pairs will stand in a line with the left leg of one s'sevak and the right leg of one s'sevak tied together. When kuru is given, the groups will race each other to the finishing line.	

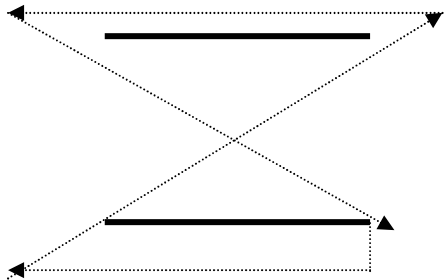
Aparichit Saathee (RSC)

Meaning	Aparichit - Introduction - Lets introduce each other
Aim	S'sevaks with the same number from the same team will try and get together, form a pair and sit down. The last pair to get together will be out.
Description - S'sevaks in each team will be allocated a unique number. The two teams will then be distributed in the area. When the shikshak whistle is blown, s'sevaks from both of the teams with the same number must get together and form a pair. The last pair to get together will be out.	

Akhand Lambee Kood (RS)

Meaning	Combined Jumping competition
Aim	A team will all take a series of successive jumps. The team with the longest combined jumps will win.
Description - The first s'sevak from each team will take a standing jump. The second s'sevak will then take a jump from where the first s'sevak landed. The third from where the second landed. So on and so forth until all s'sevaks have jumped. The team with the longest combined jumps will win.	

Damaroo Daud (R)

Meaning	Run the race path shaped like the Damaroo drum. The damaroo can be seen commonly in pictures of Lord Shiva where in one hand he is holding the damaroo drum.
Aim	Two teams will race against each other. The race path is shaped like a Damaroo Duad and the first team whose players have completed the race path will be the team to win
Description The damaroo when viewed at a certain angle forms the shape of the number 8. Two teams will be facing each other and both will have equal numbers. When the whistle is blown the first s'sevak from each team will run a figure of eight, making sure he runs behind own team and around the opposing team during his run, before returning to his own position. Once the first s'sevak reaches his position, the second s'sevak does the same and so on until all the s'sevaks have had a turn. The first team to finish wins.	
	
<p>The thick lines represent the two teams.</p> <p>The dotted lines represent the way in which the bottom team will run.</p> <p>The top team will run in an opposite fashion.</p>	

Khandahar Kood (RS)

Meaning	Jump over the hurdle
Aim	Two teams will be competing against each other in a relay race where an object will be placed midway between the team and the marker. The object may be physical e.g. a hurdle or an activity e.g. 5 push-ups.
Description - Two teams will be appropriately positioned to begin this race. When the whistle is blown the first s'sevaks in each team will run to the marker in the boundary and place the stone on the marker. When he returns to the team the next s'sevak will commence running. He will run to the marker, pick up the stone and return it to the next runner. He will then run to the marker and place the stone on the marker. So on and so forth the relay race will continue. However there will also be an object placed mid way between the team and the marker, where the runner will need to jump or conduct an activity e.g. 5 press up's as part of the race. The first team to finish will win the race.	

Patthar Vahan (RS)

Meaning	Stone Relay
Aim	Two teams will be competing against each other in a relay race where a stone (relay race baton) is continually placed and returned in this race.
Description - Two teams will be appropriately positioned to begin this race. When the whistle is blown the first s'sevaks in each team will run to the marker in the boundary and place the stone on the marker. When they return to the team the next s'sevak will commence running. He will run to the marker, pick up the stone and return it to the next runner. He will then run to the marker and place the stone on the marker. So on and so forth the relay race will continue. The first team to finish will win the race.	

Ram Raja Raavan (RS)

Meaning	Two teams each named 'Ram' & 'Raavan' - key characters from the great epic Ramayana
Aim	To catch or run away from your opposing team based on the team name given by the Shikshak.
Description - The two teams named Ram and Ravaan will each be standing in separate lines so that players on both teams are facing each other. When the order Raam is given the Raam s'sevaks will attempt to run to 'their' edge of the boundary (the boundary to where their backs are facing). At the same time the Ravaan s'sevaks will try and catch the Ram s'sevaks. Similarly when the Raavan order is given, the Raavan s'sevaks will run to their boundary and the Ram s'sevaks will attempt to catch them. S'sevaks caught will be out. If the order Raja is given then nobody should move, those that do move will be out. The team with the most number of s'sevaks remaining will win.	

Saath Chalo (RSC)

Meaning	Lets walk together
Aim	S'sevaks with different numbers will try and get together, form a chain and report them to the shikshak.
Description - S'sevaks in each team will be allocated a unique number. The two teams will then be distributed in the area. When the shikshak shouts out a series of numbers, s'sevaks with those numbers from the same team will need to form a chain and report themselves to the shikshak.	

Sarpa Nidra (RSC)

Meaning	'Sarpa' - Snake, 'Nidra' -Sleep
Aim	Two teams will form a human snake as per description below, and then will participate in the 'sleep snake race' and 'awaken sleep'. The first to forms the snake will be the winner.
Description - The first player puts his left hand between his legs. The second s'sevak will then hold the first s'sevak's left hand with his right hand, whilst also placing his own left hand between his own legs. The third s'sevak does exactly the same as the second and so forth until the whole team has formed a 'snake'. The 'sleep race' is when the last s'sevak lies down as everyone moves back. As soon as the last s'sevak is flat on his back. As soon as the last is on his back, the second s'sevak will start to lie on his back and so on until the whole team is on the ground. Note that the link between the s'sevaks should not break. The 'awaken' race for each team to try to stand up first. To stand up, the last s'sevak to lie flat on the ground on the ground will be the first to stand up and so on until the whole team is standing.	

Udatee Machhallee (RS)

Meaning	'Udatee' -Flying Machhallee 'Fish'
Aim	Work within a team to ensure a human hand bridge path is formed to enable a s'sevak to reach a predefined marker. The first team to reach that marker wins.
Description - In each team a s'sevak will be nominated as the 'fish'. The other members of the team will form two parallel lines facing each other, in which the s'sevak directly opposite each other will form pairs by joining hands. Thus each team will have formed a bridge. The 'fish' will then jump upwards and forwards thus making it move along the bridge. Once the fish passes through the first set of s'sevaks they will run to the end of the line before the fish gets there. The first team to reach a predefined marker will win.	

Kabaddi Choo (RSC)

Meaning	Kabaddi touch
Aim	For the team outside the area to catch as many members of team inside the area.
Description - Initially, one team will be outside the area, and the other team will be inside the area. When kuru is given, the s'sevaks in the outer team will enter the area and will attempt to catch as many s'sevaks as possible whilst saying kabaddi, kabaddi in one breadth. The s'sevaks who are caught or step outside the area will be out of the game. Note that the catcher has to continue saying kabaddi until returns back to his position; otherwise the s'sevaks caught will be allowed to resume the game.	

Rumal Chor (RS)

Meaning	Cloth Thief
Aim	The aim of the game is to get for the cloth with out getting touched.
Description - There will be two teams at each end of the area, facing each other. Each s'sevak on the team will be given a number; the other s'sevaks on the other team will have the same numbers. The Shikshak will shout out a number. The s'sevaks with that number will run to the cloth, which is placed in the middle of the two teams. They have to try to take the cloth and return back to their team without getting touched by opposing s'sevak. When trying to get the cloth, s'sevaks should not touch each other.	

TEAM STRENGTH / PHYSICAL CONTACT KHEL

Khajanekee Raksha (C)

Meaning	Protect the treasure
Aim	For teams of s'sevak to protect the object (treasure) from the other s'sevaks.
Description - Three circles will be drawn within each other i.e. small circle within a medium circle that will be in a large circle. An object (treasure) with one s'sevak will be placed inside the small circle. Other s'sevaks in the same team will be distributed within the medium sized circle. Their objective will be to protect the treasure by insuring the opposing team s'sevaks do not enter their area by pushing and pulling them away.	

Deevar Yudhha (RS)

Meaning	Wall Fighting
Aim	Survival of the fittest team. All s'sevaks will work together in a team to push and/or break the opposing team.
Description - Two teams will be formed and each team will link together their hands. They will then stand back to back. When the whistle is blown both teams will push hard to push the opposing team out of the area or break the chain and thereby the Deevar.	

Ghodesvaar Yudhha (RSC)

Meaning	Horse Back Fighting
Aim	Survival of the fittest pair. All S'sevaks will work in pairs to form a horseback (piggy back) shape and fight. The last pair of s'sevak remaining will win the competition.
Description - The s'sevaks will be in pairs in which one s'sevak will be standing (horse) and the other s'sevak sitting on his back (warrior). The pairs must then fight with each other with the s'sevaks on the backs using their hands in an attempt to make each other fall of the horse.	

Mandal Yudhha (C)

Meaning	Circle fight
Aim	Survival of the fittest teams. Two teams will be competing to overpower and deplete the manpower of the opposing team.
Description - Two teams will have s'sevaks facing members of the opposite team on the perimeter of a circle. The s'sevaks in the outer circle will attempt to pull the inner circle s'sevaks out of the inner circle. The inner circle must resist and will attempt to place the opposing s'sevaks back on the floor. Those s'sevaks who are pulled out or whose backs touch the floor will be out. The team with the last remaining s'sevak will win.	

Naukaa Yudhdha (RSC)

Meaning	Boat Fight
Aim	S'sevaks will group themselves into 'boats' and will try and break up other boats or push them out of the area.
Description - The s'sevaks shall be in minimum groups of three. They will face inwards and link arms to form a single unit 'Naukaa'. When the whistle is blown they must push each other out of the area. Those who are removed from the circle, or break the links are out.	

Vrushchik Yudhdha (RSC)

Meaning	Scorpion fighting
Aim	Survival of the fittest pair. All S'sevaks will work in pairs to form a scorpion shape and fight. The last pair of s'sevak remaining will win the competition.
Description - The s'sevaks will be in pairs. One will be standing and holding the other by the waist in mid air so that the second s'sevak torso will be in a diagonal shape with his legs wrapped around the standing s'sevak, thus forming the 'Vrushchik' position. The pairs will fight each other, with their hands only, trying to get the opponent Vrushchik to fall down. The last remaining pair wins.	

Aahvaan (RS)

Meaning	Battle-cry
Aim	For s'sevaks to gain points by touching opponents, and to defend points by stopping opponents returning to their area.
Description - Two teams will be gathered in adjacent rectangular areas. One at a time the s'sevaks from each team will, in turn, enter the opponents areas and attempt to touch a member of the opposing team before returning. Only those s'sevaks who are touched can attempt to stop the catcher from returning to his area. Points are scored for both a successful touch and return, or for preventing s'sevaks from returning to their areas. The team with the most points win.	

Guru Chala (RS)

Meaning	'Guru' - leads us from darkness to light
Aim	To lift opposing team members to your guru.
Description - One team will be sitting in a mandal on the floor with their arms linked. The other team must try to lift these s'sevaks off the floor, and carry them to their guru (he will be located on the other end of the playing area). The s'sevaks on the floor must struggle in order to avoid being lifted/carried. If he is lifted, if any part of his body touches the floor on the way to the guru, then he must be set free. Once a s'sevak is brought to the guru, then he must touch him on the head, and then that s'sevak will be out. Once all s'sevaks are out, or an appropriate time limit is reached, then the teams will reverse roles. N.b:- Softer playing surfaces are preferred for this khel, and s'sevaks can only struggle (no kicking/punching etc).	

Guru (RS)

Meaning	'Guru' - leads us from darkness to light
Aim	To protect your guru, and also to bring the opposing guru to him.
Description - This khel is very similar to Guru Chala. There will be two teams. Each team nominates the youngest s'sevak to be the Guru. The Guru will sit in his own half, cross-legged, and not move from that position. The aim of the khel is for each team to try and get to the opposing team's guru, lift him up and bring him back to their own guru. In doing so, the Guru that is being moved cannot struggle, but must simply allow the other team to lift him up. However, as a defense, the aim of the other players in each team is to ensure that the opposing team does not reach their Guru. For this, to get one of the opposing team's players out, they need to get him on his back and make both of his shoulders touch the ground. If a swayamsevak is out, he can no longer participate in helping his team and must sit where he is. In this game, both teams will be attacking each other at the same time; therefore an effective strategy needs to be developed. N.b.: This khel is for over 16's only	

TEAM THINKING KHEL


Prasnottarse Netaa Pahachaano (RSC)

Meaning	Prasna - question, Oottarse - answer, Netaa - leader, Pahachaano - identify
Aim	For one team to identify the leader by asking questions.
Description - One team will choose a great hero/leader. Each member from the other team will ask one question turn by turn. The other team will reply with a yes or no answer. From the answers the team will try to identify the leader.	

Dariyaa Ke Oospaar (RS)

Meaning	Cross the sea
Aim	For each team to plan a strategy as to how to cross the sea.
Description - The shikshak will mark out an area that signifies the sea. At two opposite ends there will be land. Each team will be given certain objects such as chairs and buckets (each team will be given the same equipment), which act as boats. Each team must think of a strategy that will enable them to cross the sea, and get to the land on the other side. The team members must not touch the sea (the floor), and the only way to cross is to stand on the boats (objects) and use these to get to the other side. The team that reaches the other side first will win.	
The shikshak must use his discretion and not give the teams too much equipment to act as boats. He can also vary the khel by instructing each team to transport equipment to the other side, but not use these as boats.	

Bhul Bhulamanee (RS)

Meaning	Maze
Aim	For each team to negotiate the maze.
Description - There will be two shikshaks for this khel who will be responsible for each team. Each shikshak shall mark out an equally sized grid, and shall then secretly figure one way to get to the other side. In essence, he will be designating certain squares of the grid as having bombs in them, but the s'sevaks will not know which ones. The routes of each grid should be different to avoid cheating, but should be of equal distance/steps.	
Each team member will take a turn to step onto a square of the grid. If he steps on a bomb, the shikshak will blow a whistle, and he will have to go back (but will not be out), and the next team member will have his turn. All s'sevaks must be silent , and so therefore each s'sevak has to remember the correct way up until he started his turn. S'sevaks can take only one step, but it can be in any direction. The first team to get to the other side will win.	
	
The arrows represent the only way to get to the other side. All other squares therefore have bombs in them. Both grids have 7 steps each (including the last one to cross onto the other side).	

TEAM EQUIPMENT KHEL

Dand Fenk (RS)

Meaning	Throw the Dand
Aim	To gain points by amassing together ten passes.
<p>Description - There will be two opposing teams in a square area. The shikshak will commence the khel by throwing the dand in the middle of the area, where two of the opposing players shall try to catch it. Teams will try to put together 10 consecutive passes (must be thrown), and then this will be considered as a point. The defending team will try to intercept the passes. If they catch the dand, then it will be their turn to try to put together 10 passes. If the defending push the dand onto the floor whilst trying to intercept, then the attacking team will still have possession, but their 'string of passes' will have been broken, and so therefore they will have to start another set of 10 passes to score a point. After a point has been scored, then the opposing team will have control of the dand.</p> <p>To avoid injury, the shikshak must stress that dand is not thrown in a 'spear'. It should be held with one hand and pushed with the other when passing.</p>	

Dand Parase Koodanaa (R)

Meaning	Jump over the Dand
Aim	This is race where the s'sevak will run to specified marker and on his return, the rest of the team will jump over the Dand. The first team to finish will win.
<p>Description - The first s'sevak from each team will run to specified marker and return. Upon his return with second s'sevak they will hold the dand to form a hurdle. They must then manoeuvre the hurdle through the rest of team, ensuring they all jump over the dand. The first team to finish wins the game.</p>	

Dand Trikon (RSC)

Meaning	Dand Pyramid
Aim	To form a pyramid with three dand, ensuring they do not fall down.
<p>Description - Three equally sized dands will be laid out in groups of three. When kuru is given, each s'sevak must run to one group and use the dand to form a standing pyramid. The first team to finish will win.</p>	

Svargaarohan (C)

Meaning	Heaven
Aim	To work together in a team and form a platform with dands and lift a s'sevak.
<p>Description - All the s'sevaks will be standing on the edge of a circle holding a dand. They will then point the dands to the centre of the circle and thereby create platform in the centre. A nominated s'sevak will then stand on the dands. Together they must raise the dand and thereby lift the s'sevak.</p>	

Dand Daud (C)

Meaning	Race with a Dand
Aim	For one team to pass the dand round the circle as quickly as possible, and place the dand in their opponents circle.
<p>Description - Two teams will form a large circle each. The circles will be adjacent to each other. Each team will have a dand each. When kuru is given the dand will be passed from one s'sevak to another s'sevak until the dand reaches the starting s'sevak again. As soon as he gets the dand again he will run and place it in the opponents circle. The team who manages to do this first will be the winners.</p>	

Dand Goal (RS)

Meaning	
Aim	To score 'goals' with the dand.
Description - There will be two opposing teams in a rectangular area facing each other. At each end of the area, there will be two objects, or small areas that act as goals (i.e. chairs, or a small marked circle). The aim is for the dand to be passed amongst team players, and eventually touched onto the opposing sides goal. The dand cannot be just handed to a player, but must be thrown. Also, a player in possession with the dand can only take three steps (it will be a foul if more steps are taken, and so control of the dand will be handed to the opposing team). Whilst the dand is being passed around, the opposing team will try to intercept, and gain possession of it, in order to commence their attack. There must be a minimum of three consecutive passes (without the dand being intercepted or touching the floor) before a goal can be scored. In order to commence the game, the shikshak will throw the dand in the middle of the area, where two opposing players will jump to catch it.	
To avoid injury, the shikshak must stress that dand is not thrown in a 'spear'. It should be held with one hand and pushed with the other when passing.	

Scatterball (RS)

Meaning	Foot Cricket
Aim	The aim of the game is to make as many runs as you can.
Description - There will be two teams, one team will be kicking and the other team will be fielding. The kicking team will line up on side of the area and the fielding team will spread around the area. There will be one bowler from the fielding team also. One by one each s'sevak on the kicking side will come up to 'kick' as the bowler will throw the ball (under arm). Once the ball has been kicked, they will then have to run to the other side of the area. The fielding s'sevaks have to get each running s'sevak out by throwing the ball and touching him with it, before he reaches the other side. This can only be done when a fielder is standing still, but fielders can pass the ball to each other, and then try to get the kicker out. If the fielder makes it to the other side of the area, then this will be one point to the batting team. If the s'sevak runs back to the other side of the hall where he started from then this will count has two points, this can only count before the next s'sevak bats. Also the fielding s'sevaks can catch the ball to get the kicker out by. However, if the ball comes of a wall then the fielder must catch the ball with one hand. Also, if the kicker is not able to kick the ball within three goes, he will be automatically out.	
The shikshak can also give points for 'wide' throws. Once the kicking team is all out, then it will be their turn to field, and the fielders will be the kickers.	
A variation of this khel to use hands to punch the ball away instead of kicking it.	

Tati Yojna (RSC)

Meaning	Line Formation
Aim	To form a line as quickly as possible.
Description - There will be two teams. The shikshak will tie a handkerchief to one end of a dand, and then throw it in the air. When the dand lands on the floor, both teams must try to line up on either side of the handkerchief. Whichever team does this first will win. Shikshaks can vary this by getting team members to stand in different sthithis when trying to line up etc.	

Rasshee Kheencha (RSC)

Meaning	Rope Pull (Tug of War)
Aim	Teamwork and test of team strength.
Description - Two teams will be lined up at either side of a single rope, in the middle of which is tied a handkerchief. When the whistle is blown the teams will pull the rope. The team that pulls it enough for the handkerchief to pass a predefined point wins.	

Dodgeball (C)

Meaning	
Aim	For s'sevaks to dodge the ball thrown by opposing team members.
Description - One team will be slightly outside a mandal facing inwards. Opposing team members (three at a time) will be inside the mandal. The s'sevaks inside the mandal will have to dodge a ball, which will be thrown by s'sevaks outside the mandal. If the ball touches s'sevaks in the mandal, then they will be out. However, there will be a foul throw if a ball is thrown with two hands, or any part of the throwers body enters the mandal. Once all team members are out, or an appropriate time limit has been reached, then the roles of the teams will be reversed.	

Blind Fold (RS)

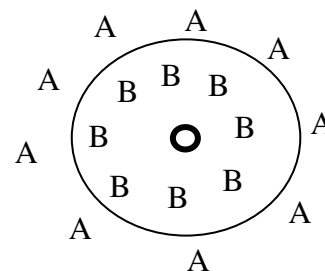
Meaning	
Aim	For s'sevaks to catch other swayemsevak without looking
Description - Two swayamsevak are blind folded and are directed by two other swayamsevak to catch all others within a set boundary	

Mutka (RS)

Meaning	Clay Pot
Aim	Balance object on head whilst catching swayemsevak
Description - One swayamsevak with an object on his head has to try and catch everyone within a boundary whilst balancing the object on his head. If the object falls off the head then he must run back to his starting point to get his sthithi proper again. Whilst running back to his starting point, everyone else can slap him on his back with a flat palm	

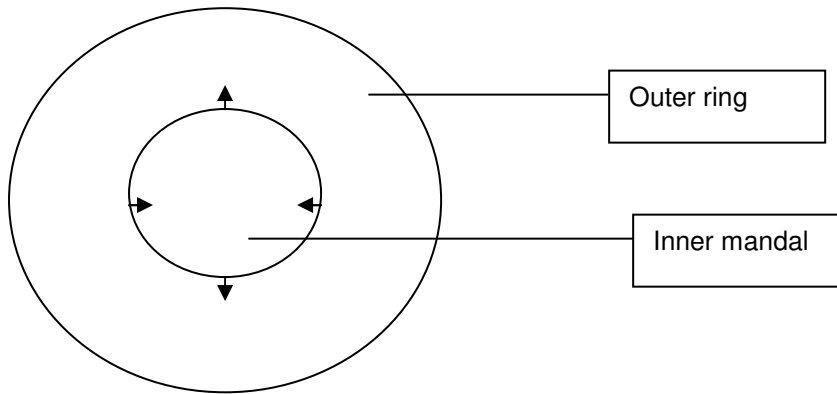
Raigard Fort (C)

Meaning	
Aim	For s'sevaks to dodge the ball thrown by opposing team members.
Description - Team A is attacking and trying to get the Ring. They have a ball that can be thrown from outside the circle. If it hits a defending team (Team B) member, then they are out. This leaves less people for Team A to negotiate with. Team B on the other hand can get a Team A member out if they touch them when they are in the circle. Team A therefore have to get the Ring out by carrying it out (no passing or throwing it out allowed) within a set time period. If the swayamsevak carrying the Ring gets touched, he must drop the Ring where he got touched.	
<p>Variation - Similar to above except Team B starts off outside of the circle, whilst keeping the Ring in the middle of the circle. Team A has to try to get the Ring by coming in from outside of the circle, and into the circle in Langadi. Team B can defend the Ring by throwing the ball in from the outside. If the ball touches anyone from Team A in the circle, then they are out. Team A has to come out of the circle in Langadi by carrying the Ring out of the circle (again no passing or throwing allowed). If the swayamsevak carrying the Ring gets touched, he must drop the Ring where he got touched.</p>	



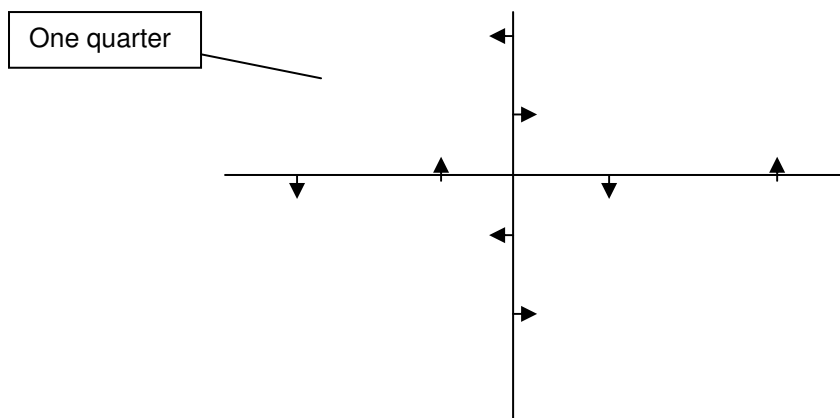
Mandal Kho-Kho

- There will be one mandal within another. Pursuing s'sevaks will be sitting on the inner mandal, and will be alternately positioned to face either inwards or outwards. They will only be able to run in the direction that they are sitting in (i.e. pursuers facing inwards can run anywhere in the inner mandal, but must stay in the inner mandal, and pursuers facing toward the outer mandal can only pursue in the outer ring (please see diagram below)).
- The s'sevaks being pursued can run anywhere in any direction as long as they stay within the boundary (the outer mandal).



Cross Kho-Kho

- The pursuing team will be in a cross formation (see below), and can only pursue in the quarter that they are facing.
- S'sevaks being pursued can run in any direction through the quarters.



RULES FOR POPULAR KHEL

Kabbadi

- The team that wins the toss commences the game.
- **One foot will be allowed outside the boundary. However, a point will be awarded to the opposite team if the other foot either touches the line too or is lifted while the other foot is outside the boundary.**
- If a player loses his breath whilst attacking, he is out.
- An attacking player who has made a player from the defending team out, and made it back to the centre line, cannot be pursued.
- Only one player will attack at a time. If two attacking players cross the centre line, both will return to their territory, and their turn will be lost.
- If a player is pushed out of the boundary, points will be awarded to the relevant team.
- After the first half, up to two players may be substituted. Only upon injury may a player be substituted when the khel is in play.
- The attacking team will score points when: A defender is touched.
- A defender steps outside the boundary.
- A defender touches the centre line (all defenders touching the attacker will be given out).
- The defending team will score points when: The attacker is held down.
- The attacking player steps outside the boundary.
- The attacker loses his breath before reaching the centre line.

Kho-kho

- There will be 8 pursuers seated, and one chasing.
- The defending team will enter the area in batches of three.
- 'Kho' will be given to the back of the seated pursuer, and the seated player should rise immediately.
- After the third defender has been given out, the next batch of three defenders must enter the area before the pursuer gives 'kho'.
- Defending players can run in any direction, and may cross the centre line.
- Pursuing players may not change direction, and may not cross the centre line.
- A foul will be given when a pursuing player:
 - Changes his running direction outside the end zone.
 - Steps outside the boundary.
 - Has his shoulders in one direction, and then runs in another.
 - Stands up before being given 'kho'.
- A defender is given out when:
 - He is touched, and the pursuer has not committed a foul.
 - He steps out of the boundary.
 - He enters the area after the next 'kho' is given.
- A defender is not given out:
 - The pursuing player is committing a foul.
 - The pursuing player steps outside the boundary after catching the defender.

Football

- Substitution is only allowed when the ball is out of play.
- Only two substitutes are allowed per team per game.
- There is restriction on the height of the ball (head height).
- All free kicks will be direct.
- The goalkeeper must throw the ball out underarm.
- All shots must be taken outside the 'D'.
- A penalty will be awarded if:
 - A defender enters the 'D' whilst the ball is in it.
 - The goalkeeper comes outside the 'D',
 - handles the ball outside the 'D'.

Ring

- The ring cannot be held in the player's hand for more than 3 seconds. If this is done, a foul will be given.
- A player cannot run with the ring. A maximum of three steps will be allowed; at which point the player must stop. Again, a foul will be given if this is not adhered to.
- There should be no foot contact with the ring as this will result in a foul.
- 'Goal-hanging' is not permitted. None of the attacking players can stand inside the 'D' of the opposition; once the ring is played into the 'D', then and then only can the attacker enter the 'D' to score.
- If the ring falls to the ground inside the 'D', the attacking player must pass the ring to another player before an attempt to score is made. He cannot simply pick the ring up and attempt to score.
- If two swayamsevaks from opposing teams are holding/struggling with the ring for more than 2 seconds then a "Jump Ring" is called
- No defender must move the 'dand' of the goalkeeper to prevent a goal being scored. If this happens, an immediate penalty will be incurred.

The goalkeeper must keep both feet on his sthaan. He is not allowed to move from his spot